

# GOBIND MARG

## THE MONTHLY BULLETIN OF GURDWARA SRI GURU SINGH SABHA – HOUNSLOW

APRIL 2021 – VOL XXVIII ISSUE 4



*Celebrating the  
Sikh New Year with  
the arrival of the  
month of Chet –  
see the Barah Maha  
feature.*

*Guru Amr Das ji  
Bani:*

*ਸਬਦੇ ਸਦਾ ਬਸੰਤੁ ਹੈ  
ਜਿਤੁ ਤਨੁ ਮਨੁ ਹਰਿਆ  
ਹੋਇ ॥  
ਨਾਨਕ ਨਾਮੁ ਨ ਵੀਸਰੈ  
ਜਿਨਿ ਸਿਰਿਆ ਸਤੁ ਕੋਇ  
॥੬੦॥*

*The Word of the  
Shabad brings  
Eternal Spring; it  
rejuvenates the  
Mind and Body.*

*O Nanak, do not  
forget the Naam,  
the Name of the  
Lord, which has  
created everyone.  
॥60॥*



ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥



One Universal Creator God, Realised By the Grace of The True Guru

**Monday - Saturday  
(Excluding Tuesdays)**

**AM**

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
10.00	Kirtan
10.45	Katha
11.30	Ardass

**PM**

6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

**Sundays Only**

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
8.00	Akhand Paath or Sehaj Paath Bhog or Sukhmani Sahib
9.00	Kirtan
9.45	Ardass
10.00	Youth Kirtan
11.00	Kirtan

**Tuesdays Only**

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
10.00	Kirtan
10.30	Katha
11.00	Sukhmani Paath

**PM**

12.00	Katha
1.00	Kirtan
2.00	Ardass
6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

**PM**

12.15	Ladies Kirtan
2.00	Ardass
6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

**Please Note**

During the restricted services of the Gurdwara (in compliance with the government guidelines) these services are currently suspended.



# ੴ ਸਤਿਗੁਰ ਪਰਸਾਦਿ ॥



## GURDWARA SRI GURU SINGH SABHA

Alice Way, Hanworth Road, Hounslow, Middlesex, TW3 3UD

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Registered No. 75990 as a place of worship under the Worship Registration Act 1855

Registered Charity No. 83314

Inland Revenue Ref. CC 15570

# April 2021

Important Days	Event	Nanakshahi Calendar Days	
		April ਵੈਸਾਖ	May ਜੇਠ
Sangrand (ਸੰਗਰਾਂਦ)	New Month Starts	13	14
Massia (ਮੱਸਿਆ)	No Moon (Dark Night)	11/12	11
Puranmashi (ਪੂਰਨਮਾਸ਼ੀ)	Full Moon	27	26
Gurpurb, Jyoti Jot & Guruship			
Guru Arjan Dev ji	Birthday		2
Guru Amar Das ji	Birthday		23
Guru Angad Dev ji	Departed	16	
Guru Amar Das ji	Guruship	16	
Guru Harkrishen ji	Departed	16	
Guru Tegh Bahadur ji	Guruship	16	
Guru Angad Dev ji	Birthday	18	
Guru Tegh Bahadur ji	Birthday	18	
Historical Dates			
Jassa Singh Ramgharia	Birthday		5
Sahibzada Jujhar Singh ji	Birthday	9	
Vaisakhi	Birth of the Khalsa	14	

**Dear Sangat Ji – Waheguru Ji Ka Khalsa; Waheguru Ji Ki Fateh.**

During March, we remained open daily between 10:00am and 6:00pm. We will extend our opening hours from 7:00am to 7:00pm as of Thursday, 1<sup>st</sup> April 2021. Detailed programme is on the next page.

**Obituaries** February and March brought sad news to many of us, as 3 family members of our sewadars departed:

- Mrs Prakash Kaur Nannar (wife of Ex-Vice-President Mr Kirpa Singh Nannar) aged 81 passed away on 9<sup>th</sup> February leaving behind a remarkable husband, 2 daughters and 4 grandchildren.
- Mrs Satwant Kaur Thethi (wife of ex-Gen Secretary Mr Jagtar S Thethi), aged 81 passed away on 10<sup>th</sup> March leaving behind an intelligent companion, 4 children, 10 grandchildren and 2 great grandchildren.
- Mr Gurcharan Singh Gupta (father of Treasurer Surinder Pal Singh), aged 93 passed away on 24<sup>th</sup> March leaving behind 4 children, 8 grandchildren and 7 great grandchildren.



**Bookings:** To enable us to continue supporting the sangat (whilst remaining compliant with the Government Guidelines) we are happy as always to discuss your needs. During March, limited services were performed:

- Engagements & Marriages, Akhand Paths: None
- Sukhmani Sahib Path/Kirtan 3, Sehaj Path 13, Funerals 10.

**Office Opening Times:** **Main Office:** Open 10:00am-6:00pm daily.

**Matrimonial Office:** Open 10:00am-12:00pm daily. Contact Email: [marriages@sgss.org](mailto:marriages@sgss.org)

**Health & Safety – Coronavirus** The April Covid reopening date is 12<sup>th</sup> April, when non essential retail outlets reopen; social distancing rules apply. We continue to review the supporting services at the Gurdwara, as and when appropriate. Kindly ensure you follow the Government and Gurdwara guidelines as well as any instructions from the official sewadars, to keep everyone safe.

**Show Your Gratitude** Please donate to the Gurdwara to help run the essential Sangat services. In these difficult times of Covid-19, your Seva is needed more than ever.

**By Cheque:** Payable to Sri Guru Singh Sabha Hounslow, Alice Way, Hounslow TW3 3UD.

**Bank Transfer:** To Account Sri Guru Singh Sabha, Sort Code: 20-96-55, Account number: 00859095.

**Online:** Donations can be made online at [www.sgss.org/donate](http://www.sgss.org/donate) using the above account details.

To help the Gurdwara with Gift Aid, kindly download the Gift Aid Form from the Gurdwara website [www.sgss.org](http://www.sgss.org) and email it to [khalsa@sgss.org](mailto:khalsa@sgss.org) or post to the above address.



### Hibernia Road Gates

We are grateful to Messrs Parvinder and Sunny Singh Golar for upgrading the Hibernia Road gates of the estate. May Waheguru bless them for their Seva.

# Gurdwara Sri Guru Singh Sabha Hounslow



## PROGRAMME

### Programme (Mon-Sat)

#### **Morning**

4:30-5:00am	Prakash of SGGGS Ji
5:00-6:00am	Nitnem
7:00-7:45am	Kirtan Asa Di Var
7:45-8:45am	Katha
8:45-9:00am	Ardas
11:00-11:45am	Katha

#### **Evening**

6:00-6:30pm	Rehras Sahib
6:30-7:00pm	Kirtan
7:00pm	Sukhasan & Smapti

### Programme (Sundays)

#### **Morning**

4:30-5:00am	Prakash of SGGGS Ji
5:00-6:00am	Nitnem
7:00-7:45am	Kirtan Asa Di Var
7:45-8:45am	Katha
8:45-9:00am	Ardas
9:45-11:00am	Sukhmani Sahib
11:00-12:00pm	Katha
12:00-1:00pm	Kirtan
1:00pm	Ardas

#### **Evening**

6:00-6:30pm	Rehras Sahib
6:30-7:00pm	Kirtan
7:00pm	Sukhasan & Smapti

**Please ensure the Government & Gurdwara Covid Guidelines are followed at all times**

## The Untainted One

In the fifth and final part of this Bani, the fourth Nanak, Guru Ramdas ji concludes in words of deep devotion, about Waheguru. The Bani appears again on page 348 of Sri Guru Granth Sahib.

	ਰਾਗੁ ਆਸਾ ਮਹਲਾ ੪ ਸੇ ਪੁਰਖੁ ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥	Glossary	Meaning in Context
1	ਤੂੰ ਆਦਿ ਪੁਰਖੁ ਅਪਰੰਪਰੁ ਕਰਤਾ ਜੀ ਤੁਧੁ ਜੇਵਡੁ ਅਵਰੁ ਨ ਕੋਈ ॥	ਆਦਿ, ਅਪਰੰਪਰੁ, ਤੁਧੁ ਜੇਵਡੁ, ਅਵਰੁ	From the start, Limitless, Your stature, (None) other
2	ਤੂੰ ਜੁਗੁ ਜੁਗੁ ਏਕੇ ਸਦਾ ਸਦਾ ਤੂੰ ਏਕੇ ਜੀ ਤੂੰ ਨਿਹਚਲੁ ਕਰਤਾ ਸੋਈ ॥	ਜੁਗੁ ਜੁਗੁ, ਏਕੇ, ਨਿਹਚਲੁ	Across the yugas, Only You Steady for ever
3	ਤੁਧੁ ਆਪੇ ਭਾਵੈ ਸੋਈ ਵਰਤੈ ਜੀ ਤੂੰ ਆਪੇ ਕਰਹਿ ਸੁ ਹੋਈ॥	ਵਰਤੈ, ਸੁ	In accordance with your Will, That
4	ਤੁਧੁ ਆਪੇ ਸ੍ਰਿਸਟਿ ਸਭ ਉਪਾਈ ਜੀ ਤੁਧੁ ਆਪੇ ਸਿਰਜਿ ਸਭ ਗੋਈ ॥	ਉਪਾਈ, ਸਿਰਜਿ, ਗੋਈ	Created, To create or make, Destroyed
5	ਜਨੁ ਨਾਨਕੁ ਗੁਣ ਗਾਵੈ ਕਰਤੇ ਕੇ ਜੀ ਜੇ ਸਭਸੈ ਕਾ ਜਾਣੇਈ ॥੫॥੧॥	ਸਭਸੈ ਕਾ ਜਾਣੇਈ	Knower of all inner feelings

## ਪੰਜਾਬੀ ਅਰਥ

**Line 1:** ਹੇ ਪ੍ਰਭੂ! ਤੂੰ (ਸਾਰੇ ਜਗਤ ਦਾ) ਮੂਲ ਹੈਂ, ਸਭ ਵਿਚ ਵਿਆਪਕ ਹੈਂ, ਬੇਅੰਤ ਹੈਂ, ਸਭ ਦਾ ਪੈਦਾ ਕਰਨ ਵਾਲਾ ਹੈਂ, ਅਤੇ ਤੇਰੇ ਬਰਾਬਰ ਦਾ ਹੋਰ ਕੋਈ ਨਹੀਂ ਹੈ।

**Line 2:** ਤੂੰ ਹਰੇਕ ਜੁਗ ਵਿਚ ਇਕ ਆਪ ਹੀ ਹੈਂ, ਤੂੰ ਸਦਾ ਹੀ ਆਪ ਹੀ ਆਪ ਹੈਂ, ਤੂੰ ਸਦਾ ਕਾਇਮ ਰਹਿਣ ਵਾਲਾ ਹੈਂ, ਸਭ ਦਾ ਪੈਦਾ ਕਰਨ ਵਾਲਾ ਹੈਂ, ਸਭ ਦੀ ਸਾਰ ਲੈਣ ਵਾਲਾ ਹੈਂ।

**Line 3:** ਹੇ ਪ੍ਰਭੂ! ਜਗਤ ਵਿਚ ਉਹੀ ਹੁੰਦਾ ਹੈ ਜੋ ਤੈਨੂੰ ਆਪ ਨੂੰ ਚੰਗਾ ਲੱਗਦਾ ਹੈ, ਉਹੀ ਹੁੰਦਾ ਹੈ ਜੋ ਤੂੰ ਆਪ ਹੀ ਕਰਦਾ ਹੈਂ।

**Line 4:** ਹੇ ਪ੍ਰਭੂ! ਸਾਰੀ ਸ੍ਰਿਸ਼ਟੀ ਤੂੰ ਆਪ ਹੀ ਪੈਦਾ ਕੀਤੀ ਹੈ। ਤੂੰ ਆਪ ਹੀ ਇਸ ਨੂੰ ਪੈਦਾ ਕਰਕੇ ਆਪ ਹੀ ਇਸ ਨੂੰ ਨਾਸ ਕਰਦਾ ਹੈਂ।

**Line 5:** ਦਾਸ ਨਾਨਕ ਉਸ ਕਰਤਾਰ ਦੇ ਗੁਣ ਗਾਂਦਾ ਹੈ ਜੋ ਹਰੇਕ ਜੀਵ ਦੇ ਦਿਲ ਦੀ ਜਾਣਨ ਵਾਲਾ ਹੈ।5।1।

## English Rendition

**Line 1:** Waheguru is the Primal Being, wonderful Creator from the beginning, none is or can be His equal.

**Line 2:** Waheguru is eternally the same throughout the ages, the Creator and ever stable.

**Line 3:** Whatever Waheguru Wills and ordains comes pass, whatever He does, gets accomplished.

**Line 4:** Waheguru You have created the universe and having done so, destroy it when You so Will.

**Line 5:** Guru Sahib concludes with - Nanak sings the praises of that omniscient Creator who is the inner knower of all beings.

Vaisakhi is a day of celebrations for people of the Panjab and it is mostly held on the first day of Vaisakh. This year it will be celebrated on 14<sup>th</sup> April. This is a time when wheat, the main crop of the season, is ready to be harvested and farmers expect the reward for their hard labour. So on this day they express their feelings of satisfaction and happiness. Since India is mainly an agrarian country, this day is happily celebrated in other states, as well as abroad, wherever the people of Panjab have settled.

Among the Sikh community Vaisakhi is a landmark of religious festivities. At this time of every year, it is especially remembered as the birth of the Khalsa. After several battles with the Mughals and the hill Rajahs, with only a band of devoted Sikhs untrained for battle, Guru Gobind Rai wanted his Sikhs to be well versed in warfare, courageous and eager to aid the suppressed, as a religious duty. On 30<sup>th</sup> March 1699, Guru Sahib organised and addressed a huge congregation at Anand Pur Sahib, where a large tent had been erected, and conveyed a strong message of his divine mission – instilling self confidence and courage in his followers, and as warriors ever ready to fight for the faith and righteousness. After an inspirational sermon Guru ji emerged from the tent and lifting his unsheathed sword, is reported to have said in a thunderous voice “My dear Sikhs, this sword of mine wants to taste the blood of a Sikh. Is there anyone amongst you who is willing to lay down his life?”.



The whole congregation became frightened at such a foreboding call. No-one stood up and the call was repeated in a louder voice, twice more. At last one Bhai Daya Ram, a Khatri of Lahore, rose with the dignity of folded hands and offered his head. He was led inside the tent by Guru Sahib and the congregation heard the powerful sound of a sword swung swiftly and the ‘thud’ sound of a body falling to the ground. A stream of fresh blood was seen flowing out at the bottom of the tent. The Sikhs present were quite sure that Bhai Daya Ram had been sacrificed.

After a while Guru ji came out of the tent with his sword smeared with blood and said in a loud thunderous voice “Is there another true Sikh ready to give me his head?”. Some of the congregation lost their nerve and started leaving the gathering. On repeating the call twice more, another Sikh, Bhai Dharam Das, a Jat Sikh of Delhi, stood up and offered his head. He too was led inside the tent and again the sound of a sword and that of a body falling to the floor were heard. Guru ji’s call to the congregation took place five times. The following three Sikhs then each offered their head on that day to Guru Sahib: Himmat Rai, a water-carrier from Jagannathpuri, Muhkam Chand, a washerman from Dwarka, and Sahib Chand, a barber from Bidar, Karnatka. Five devoted Sikhs from different areas of the country, different strata

of society and different ancestral castes became the beloved Sikhs of the Guru. They were of the mould that Guru sahib envisaged all his Sikhs to be.

Everyone in the congregation was by now in a panic state. They believed that Guru ji had slaughtered all the five persons in the tent. They had seen blood draining out from under the tent. They started running around and leaving the congregation. Then suddenly they saw in front of them all the five Sikhs leaving the tent, dressed alike, being led by Guru ji, his sword sheathed and face beaming with joy and satisfaction.

Guru ji seated them in a semi circle in the Veer Assan, around a steel vessel. After reciting five banis, Amrit was prepared by stirring the water in the vessel with a khanda and administered to the five. They were called the Panj Piaray, meaning the Guru ji's five Beloved Ones. They were given the names Bhai Daya Singh, Bhai Dharam Singh, Bhai Himmat Singh, Bhai Mohkam Singh and Bhai Sahib Singh.



Guru Gobind Rai then made a unique gesture in world religious history. He requested the Panj Piaray to initiate him. Guru Sahib took the Amrit and was thenceforth known as Guru Gobind Singh. The huge significance of this is that Guru Sahib (in common with all Sikh



Gurus) did not want himself to be seen as an intermediary between his devotees and God. In a demonstration of true equality between devotee and Guru, we see how Guru ji, at critical junctures during future conflicts, would listen to the strategic advice given by five Khalsa.

During this first historic Vaisakhi day in 1699 more than seventy five thousand devotees took Amrit and joined the Khalsa brotherhood. It was miraculous that ordinary people from the street were baptised and turned into men as brave as lions. All had adopted the epithet Singh meaning lion or brave person. On this day the ladies who took Amrit were given the epithet Kaur, meaning princess.

A huge majority of people had been transformed into a unique kind of martial race, ever ready to face tyrants and outlaws. It was indeed a revolutionary time!

These days Vaisakhi is celebrated everywhere, within the Gurdwaras and outside, in India and abroad as well. Typically in the morning there is an Akhand Path Bhog, then after Kirtan and Katha, a Nagar Kirtan is held. During this, a congregation led by the Guru Granth Sahib at its head, moves through the main streets while Kirtan verses are sung. In the evening they engage in deep-mala, or fireworks.

Vaisakhi is mainly celebrated in Amritsar, Mukatsar, Kartar Pur Sahib and other historic gurdwaras in India, as well as abroad, where the Sikh diaspora have settled.

In Gurbani, SGGS Ang 441, we read about the mind's spiritual connection (ਸੱਚਖੰਡ ਮੰਡਲ ॥)

ਮਨ ਤੂੰ ਜੋਤਿ ਸਰੂਪੁ ਹੈ ਆਪਣਾ ਮੂਲੁ ਪਛਾਣੁ ॥

*O my mind, you are the embodiment of the Divine light - recognize your own origin.*

We can interpret this as ਜੀਵ ਬ੍ਰਹਮ ਸਰੂਪ ਹੈ ॥ ਜੋਤ ਸਰੂਪ ਹੈ ॥

When a baby is in the womb of the mother, she is hanging upside down and, in the state of Simran, is in tune with the Lord Creator (Waheguru). When she takes birth and comes into the material world (ਦੂਜੇ ਭਾਉ ਦਾ ਮੰਡਲ ॥) she forgets the Simran and soon enough starts to enjoy the materialistic comforts unconsciously. In the SGGS Ang 917 (Mahala 3) we read:



ਜੈਸੀ ਅਗਨਿ ਉਦਰ ਮਹਿ ਤੈਸੀ ਬਾਹਰਿ ਮਾਇਆ ॥

*As is the fire of womb within, so is the fire of mammon (maya) without.*

ਲਿਵ ਛੁੜਕੀ ਲਗੀ ਤ੍ਰਿਸਨਾ ਮਾਇਆ ਅਮਰੁ ਵਰਤਾਇਆ ॥

*The Lord's love departs, greed attaches to the child and mammon's writ begins to run.*

Soon after birth the baby starts to live by 'my and me' and soon forgets the Simran of Waheguru. Duality takes over her life and maya gets a grip on her.

Gurbani shows us at Ang 1007

ਵਿਚਹੁ ਗਰਭੈ ਨਿਕਲਿ ਆਇਆ ॥ ਖਸਮੁ ਵਿਸਾਰਿ ਦੁਨੀ ਚਿਤੁ ਲਾਇਆ ॥

*She comes out of the mother's womb, and forgetting her Lord, attaches her mind to the world.*

Now he stops Simran of the Lord, starts Simran of 'me, me'. With this changes her life's mission, intention, desire, hope and precept. She becomes dependant on Maya or material wealth. We humans every moment, day and night keep busy thinking, resolving, planning and remembering. This is because our mind never stops from Simran, whether it is related to material wealth or spiritual divinity. This is the automatic Simran state, but we still ask what is Simran? Or how do we indulge into Simran?

We live a life of jealousy, enmity, duality and rivalry, enjoying the sensuality of these vices, forgetting our creator Lord. We are wasting our precious life unknowingly, because we are unaware of our loss and disadvantages.

Gurbani lays great stress on making us comprehend our mistakes. In the SGGS, Ang 633 we read:

ਬਾਰੂ ਭੀਤਿ ਬਨਾਈ ਰਚਿ ਪਚਿ ਰਹਤ ਨਹੀ ਦਿਨ ਚਾਰਿ ॥

ਤੈਸੇ ਹੀ ਇਹ ਸੁਖ ਮਾਇਆ ਕੇ ਉਰਝਿਓ ਕਹਾ ਗਵਾਰ ॥੧॥

*As the wall of sand built and plastered with care, does not last even for four days;*

*likewise are the pleasures of mammon.*

ਅਜਹੂ ਸਮਝਿ ਕਛੁ ਬਿਗਰਿਓ ਨਾਹਿਨਿ ਭਜਿ ਲੇ ਨਾਮੁ ਮੁਰਾਰਿ ॥

*Why are you entangled in them, O ignorant man?*

*This very day come to thy senses. No harm is yet done. So utter thou the Naam of the LORD, the destroyer of pride.*

All Creation in the whole Universe is remembering and contemplating the Creator in their conscious or unconscious state. The eighty four lakh lives within the karmic cycle are unknowingly and automatically in Simran of their own version of the creator, in their own mode, and working towards Divine grace.

In the SGGS, Ang 1078 - 1079 we read:

ਸਿਮਰੈ ਧਰਤੀ ਅਰੁ ਆਕਾਸਾ ॥ ਸਿਮਰਹਿ ਚੰਦ ਸੂਰਜ ਗੁਣਤਾਸਾ ॥

*O Lord, the Earth contemplates thee and also the sky.*

*The Moon and the Sun contemplates thee, O treasure of virtues.*

ਸਿਮਰਹਿ ਪਸੁ ਪੰਖੀ ਸਭਿ ਭੂਤਾ ॥ ਸਿਮਰਹਿ ਬਨ ਪਰਬਤ ਅਉਧੂਤਾ ॥

*All the beasts, birds and demons meditate in remembrance, O Lord.*

*The forests, mountains and hermits meditate in remembrance, O Lord.*

ਲਤਾ ਬਲੀ ਸਾਖ ਸਭ ਸਿਮਰਹਿ ਰਵਿ ਰਹਿਆ ਸੁਆਮੀ ਸਭ ਮਨਾ ॥੪॥

*All the parasites, vines, creepers and boughs remember Thou, O my Lord and Master you are permeating and pervading all minds.*

ਸਿਮਰਹਿ ਬੁਲ ਸੂਖਮ ਸਭਿ ਜੰਤਾ ॥ ਸਿਮਰਹਿ ਸਿਧ ਸਾਧਿਕ ਹਰਿ ਮੰਤਾ ॥

*All the subtle and gross beings remember Thee. The adepts and strivers remember Thee.*

ਗੁਪਤ ਪ੍ਰਗਟ ਸਿਮਰਹਿ ਪ੍ਰਭ ਮੇਰੇ ਸਗਲ ਭਵਨ ਕਾ ਪ੍ਰਭ ਧਨਾ ॥੫॥

*The invisible and the visible meditate on my Lord, my Lord is master of all the Worlds.*

But mankind living human life with their awareness, remembrance and bad intellect; seeing the picturesque scenes and illuminating wonders is caught up in the fallacious materialistic (ਮਾਇਆ ਮੰਡਲ ॥) life. He forgets his creator and does SIMRAN of 'me and my' (ਮੈਂ-ਮੇਰੀ ਦਾ ਸਿਮਰਨ ॥).

ਅਨੰਦੁ ਭਇਆ ਮੇਰੀ ਮਾਏ ਸਤਿਗੁਰੂ ਮੈ ਪਾਇਆ॥

ਸਤਿਗੁਰੂ ਤ ਪਾਇਆ ਸਹਜ ਸੇਤੀ ਮਨਿ ਵਜੀਆ ਵਾਧਾਈਆ॥

ਰਾਗ ਰਤਨ ਪਰਵਾਰ ਪਰੀਆ ਸਬਦ ਗਾਵਣ ਆਈਆ॥

ਸਬਦੇ ਤਾ ਗਾਵਹੁ ਹਰੀ ਕੇਰਾ ਮਨਿ ਜਿਨੀ ਵਸਾਇਆ॥

ਕਹੈ ਨਾਨਕੁ ਅਨੰਦੁ ਹੋਇਆ ਸਤਿਗੁਰੂ ਮੈ ਪਾਇਆ॥ (ਪੰਨਾ ਗੁ. ਗ੍ਰੰਥ ਸਾਹਿਬ 917)

Bani of  
Guru  
Amar  
Das ji



ਇਹ ਸ਼ਬਦ ਤੀਜੇ ਨਾਨਕ ਬਾਬਾ ਅਮਰਦਾਸ ਜੀ ਦਾ ਰਾਮਕਲੀ ਰਾਗ ਵਿੱਚ ਉਚਾਰਨ ਕੀਤਾ ਹੋਇਆ ਹੈ ਅਤੇ ਇਸ ਦੀਆਂ ਚਾਲੀ ਪਉੜੀਆਂ ਹਨ। ਪਤਾ ਨਹੀਂ ਕਦੋਂ ਅਤੇ ਕਿਸ ਨੇ ਇਹ ਗੀਤ ਚਲਾ ਦਿੱਤੀ ਕਿ ਹਰ ਸਮਾਗਮ ਦੀ ਸਮਾਪਤੀ ਵੇਲੇ ਮਰਜ਼ੀ ਅਨੁਸਾਰ ਕੇਵਲ ਪਹਿਲੀਆਂ ਪੰਜ ਪਉੜੀਆਂ ਅਤੇ ਅਖੀਰਲੀ ਪਉੜੀ ਹੀ ਪੜ੍ਹ ਕੇ ਭੋਗ ਪਾ ਦਿੱਤਾ ਜਾਂਦਾ ਹੈ ਭਾਵ ਛੇ ਪਉੜੀਆਂ ਪੜ੍ਹ ਕੇ ਸਮਾਗਮ ਦੀ ਸਮਾਪਤੀ ਕਰ ਦਿੱਤੀ ਜਾਂਦੀ ਹੈ। ਗੁਰਬਾਣੀ ਦਾ ਗਿਆਨ ਮਨੁੱਖ ਨੂੰ ਇੱਕ ਅਦਰਸ਼ਵਾਦੀ ਮਨੁੱਖ ਬਣਾਉਂਦਾ ਹੈ ਜਿਸ ਨੂੰ ਅਸੀਂ ਭਗਤ, ਧਰਮੀ ਆਦਿ ਸ਼ਬਦਾਂ ਨਾਲ ਸੰਬੋਧਨ ਕਰਦੇ ਹਾਂ। ਗੁਰਬਾਣੀ ਦੀ ਸਮਝ ਤੋਂ ਬਿਨਾਂ ਸੱਚ ਨੂੰ ਨਹੀਂ ਜਾਣਿਆ ਜਾ ਸਕਦਾ ਅਤੇ ਨਾ ਹੀ ਜੀਵਨ ਦੇ ਮਿਆਰ ਨੂੰ ਉੱਚਾ ਚੁੱਕਿਆ ਜਾ ਸਕਦਾ ਹੈ। ਸਿੱਖ ਦੇ ਜੀਵਨ ਦਾ ਮਿਆਰ ਡਿੱਗਣ ਦਾ ਅਸਲ ਕਾਰਨ ਵੀ ਗੁਰਬਾਣੀ ਦੇ ਗਿਆਨ ਤੋਂ ਸੱਖਣੇ ਹੋਣਾ ਹੈ। ਗੁਰਬਾਣੀ ਸੁਣਨ ਦਾ ਮਤਲਬ ਕੇਵਲ ਗੁਰਬਾਣੀ ਨੂੰ ਕੰਨਾਂ ਨਾਲ ਸੁਣਨਾ ਨਹੀਂ ਹੈ, ਇਸ ਨੂੰ ਵਿਚਾਰ ਕੇ ਉਸ ਅਨੁਸਾਰ ਵਿਚਰਨਾ ਵੀ ਹੈ। ਆਓ ਪਰਮਾਤਮਾ ਦੀ ਕ੍ਰਿਪਾ ਸਦਕਾ ਇਸ ਪਉੜੀ ਦੀ ਵਿਚਾਰ ਨਾਲ ਜੁੜੀਏ।

ਮਨੁੱਖ ਸਾਰੀ ਹੀ ਜਿੰਦਗੀ ਖੁਸ਼ੀ ਨੂੰ ਲੱਭਦਾ ਰਹਿੰਦਾ ਹੈ ਪਰ ਅਸਲ ਖੁਸ਼ੀ (ਅਨੰਦ) ਤੋਂ ਵਾਂਝਾ ਹੀ ਰਹਿੰਦਾ ਹੈ। ਸਭ ਕੁੱਝ ਪ੍ਰਾਪਤ ਕਰਕੇ ਵੀ ਦੁੱਖਾਂ ਤੋਂ ਆਪਣੇ ਆਪ ਨੂੰ ਅਜ਼ਾਦ ਨਹੀਂ ਕਰ ਸਕਦਾ। ਹਰ ਸਮੇਂ ਕੋਈ ਨਾ ਕੋਈ ਦੁੱਖ ਪਰੇਸ਼ਾਨ ਕਰਦਾ ਰਹਿੰਦਾ ਹੈ। ਜੇਕਰ ਕੋਈ ਖੁਸ਼ੀ ਮਿਲਦੀ ਵੀ ਹੈ ਤਾਂ ਛਿਨ ਭੰਗਰ (ਕੁਝ ਸਮੇਂ) ਲਈ ਹੀ ਮਿਲਦੀ ਹੈ ਅਤੇ ਫਿਰ ਦੁੱਖ ਆ ਘੇਰਦੇ ਹਨ। ਹਰ ਸਮੇਂ ਮਨੁੱਖ ਅਨੰਦ ਦੀ ਭਾਲ ਵਿੱਚ ਰਹਿੰਦਾ ਹੈ ਅਤੇ ਇਸ ਸ਼ਬਦ ਵਿੱਚ ਇਸ ਗੱਲ ਦੀ ਘੁੰਡੀ (ਗੰਢ) ਖੋਲੀ ਗਈ ਹੈ।

ਮਨੁੱਖ ਹਰ ਸਮੇਂ ਅਨੰਦ ਵਿੱਚ ਰਹਿ ਸਕੇ, ਇਸ ਦੀ ਪ੍ਰਾਪਤੀ ਕੇਵਲ ਤੇ ਕੇਵਲ ਗੁਰੂ (ਸੱਚ ਦਾ ਗਿਆਨ) ਤੋਂ ਹੀ ਪ੍ਰਾਪਤ ਹੁੰਦੀ ਹੈ। ਗੁਰੂ ਨੂੰ ਪ੍ਰਾਪਤ ਕਰਨ ਨਾਲ ਅਨੰਦ ਮਿਲ ਜਾਂਦਾ ਹੈ। ਇਥੇ ਬਾਬਾ ਅਮਰਦਾਸ ਜੀ ਕਹਿ ਰਹੇ ਹਨ ਕਿ ਐ ਮੇਰੀ ਮਾਂ ਜਦੋਂ ਗੁਰੂ ਮਿਲ ਗਿਆ ਤਾਂ ਅਨੰਦ ਬਣ ਗਿਆ। ਜਦੋਂ ਇਹ ਸ਼ਬਦ ਉਚਾਰਨ ਕੀਤਾ ਗਿਆ ਸੀ ਤਾਂ ਉਸ ਸਮੇਂ ਬਾਬਾ ਅਮਰਦਾਸ ਜੀ ਦੇ ਮਾਤਾ ਜੀ ਜਿਉਂਦੇ ਨਹੀਂ ਸਨ ਅਤੇ ਨਾ ਹੀ ਉਨ੍ਹਾਂ ਨੇ ਇਹ ਸ਼ਬਦ ਆਪਣੀ ਮਾਤਾ ਲਈ ਉਚਾਰਨ ਕੀਤਾ। ਗੁਰਬਾਣੀ ਦਾ ਗਿਆਨ ਸਾਰੀ ਲੋਕਾਈ ਲਈ ਹੈ। ਮਾਏ ਦਾ ਅਰਥ ਮਾਂ ਹੀ ਹੈ ਪਰ ਗੁਰਬਾਣੀ ਅਨੁਸਾਰ ਮਾਤਾ ਮਤਿ ਪਿਤਾ ਸੰਤੋਖ .... ਅਨੁਸਾਰ ਮਨੁੱਖ ਦਾ ਪਰਿਵਾਰ ਉਸ ਦੇ ਆਪਣੇ ਕਰਮ ਅਤੇ ਗਿਆਨ ਇੰਦ੍ਰੇ ਹਨ। ਇਸ ਤਰ੍ਹਾਂ ਇਸ ਸ਼ਬਦ ਵਿੱਚ ਮਾਤਾ, ਮਨੁੱਖ ਦੀ ਆਪਣੀ ਮੱਤ ਨੂੰ ਕਿਹਾ ਗਿਆ ਹੈ। ਬਾਬਾ ਅਮਰਦਾਸ ਜੀ ਫੁਰਮਾਨ ਕਰਦੇ ਹਨ ਕਿ ਐ ਮੇਰੀ ਮਾਂ (ਮੱਤ) ਜੇ ਤੂੰ ਅਨੰਦ ਚਾਹੁੰਦੀ ਹੈਂ ਤਾਂ ਗੁਰੂ ਤੋਂ ਅਸਲ ਜੀਵਨ ਜਿਉਣ ਦੀ ਸਮਝ ਲੈ ਅਤੇ ਉਸ ਅਨੁਸਾਰ ਚੱਲ ਭਾਵ ਜੇਕਰ ਅਸੀਂ ਸਦਾ ਲਈ ਖੇੜਾ ਚਾਹੁੰਦੇ ਹਾਂ ਤਾਂ ਇਸ ਦੀ ਪ੍ਰਾਪਤੀ ਗੁਰੂ ਉਪਦੇਸ਼ ਨੂੰ ਕਮਾਉਣ ਨਾਲ ਹੀ ਹੋ ਸਕਦੀ ਹੈ। ਪਾਤਸ਼ਾਹ ਇਹੀ ਗੱਲ ਸਮਝਾ ਰਹੇ ਹਨ ਕਿ ਜਦੋਂ ਤੋਂ ਮੈਨੂੰ ਸੱਚ ਦੇ ਗਿਆਨ ਦੀ ਪ੍ਰਾਪਤੀ ਹੋਈ ਹੈ ਉਦੋਂ ਤੋਂ ਮੈਂ ਅਸਲ ਖੁਸ਼ੀ ਨੂੰ ਪ੍ਰਾਪਤ ਕਰ ਲਿਆ ਹੈ। ਗੁਰੂ ਦਾ ਪਾਉਣਾ ਸੱਚ ਦੀ ਜਾਣਕਾਰੀ ਮਿਲ ਜਾਣੀ ਹੈ ਅਤੇ ਉਸ ਅਨੁਸਾਰ ਜੀਵਨ ਜੁਗਤੀ ਬਣਾ ਲੈਣਾ ਹੈ।

ਸਤਿਗੁਰੂ ਤ ਪਾਇਆ ਸਹਜ ਸੇਤੀ ਮਨਿ ਵਜੀਆ ਵਾਧਾਈਆ ਗੁਰੂ ਨੂੰ ਪ੍ਰਾਪਤ ਕਰਨ ਲਈ ਇੱਕ ਸ਼ਰਤ ਹੈ ਉਹ ਇਹ ਕਿ ਮਨ ਵਿੱਚ ਸਹਜ (ਮਨ ਦਾ ਵਿਕਾਰ ਰਹਿਤ ਹੋਣਾ, ਵਿਕਾਰਾਂ ਤੋਂ ਤੇਬਾ ਕਰ ਲੈਣੀ) ਦਾ ਆਉਣਾ ਜ਼ਰੂਰੀ ਹੈ। ਜਿਵੇਂ ਧਰਤੀ ਵਿੱਚ ਬੀਜ ਪਾਉਣ ਤੋਂ ਪਹਿਲਾਂ ਧਰਤੀ ਨੂੰ ਬਿਜਾਈ ਲਈ ਤਿਆਰ ਕਰਨਾ ਪੈਂਦਾ ਹੈ ਉਸੇ ਤਰ੍ਹਾਂ ਹੀ ਮਨ ਰੂਪੀ ਧਰਤੀ ਨੂੰ ਨਾਮ (ਗੁਰੂ ਦੀ ਸਿੱਖਿਆ) ਦਾ ਬੀਜ ਪਾਉਣ ਲਈ ਤਿਆਰ ਕਰਨਾ ਪੈਂਦਾ ਹੈ, ਮਨ ਨੂੰ ਵਿਕਾਰਾਂ ਤੋਂ ਰਹਿਤ ਕਰਨਾ ਪੈਂਦਾ ਹੈ। ਮਨ ਕੇਵਲ ਇੱਕ ਨਾਲ ਜੁੜ ਕੇ ਹੀ ਇੱਕ (ਇਕਾਗਰ) ਹੋ ਸਕਦਾ ਹੈ। ਸੱਚ ਦੇ ਗਿਆਨ ਨੂੰ ਇਕਾਗਰ ਮਨ ਵਿੱਚ ਰੱਖਿਆ ਜਾ ਸਕਦਾ ਹੈ ਨਹੀਂ ਤਾਂ ਸੱਚ ਜਾਣਦਾ ਹੋਇਆ ਮਨੁੱਖ ਵੀ ਸੱਚ ਨੂੰ ਧਾਰਨ ਨਹੀਂ ਕਰਦਾ (ਮਨ ਨੂੰ **ਹਰਿ ਕਪੜੇ** (ਗੁ. ਗ੍ਰੰਥ ਸਾਹਿਬ ਪੰਨਾ 79) ਨਹੀਂ ਪਹਿਨਾਉਂਦਾ) ਸਹਜ ਸੇਤੀ ਦਾ ਭਾਵ ਇਹ ਹੀ ਹੈ। ਸਹਜ ਦੇ ਆਉਣ ਨਾਲ ਮਨ ਵਿੱਚ ਅਨੰਦ ਬਣ ਜਾਂਦਾ ਹੈ। ਵਾਧਾਈਆਂ ਦਾ ਸਬੰਧ ਖੁਸ਼ੀ ਨਾਲ ਹੈ। ਜਦੋਂ ਵਿਕਾਰ ਹੀ ਵਿਦਾ ਹੋ ਗਏ ਫਿਰ ਦੁੱਖ ਆਪਣੇ ਆਪ ਹੀ ਰੁਕਸਤ ਹੋ ਜਾਂਦੇ ਹਨ (ਮਨੁੱਖ ਨੂੰ ਵਿਕਾਰਾਂ ਦੀਆਂ ਠੇਕਰਾਂ ਗੁਰੂਬਾਣੀ ਦੇ ਗਿਆਨ ਰੂਪੀ ਪ੍ਰਕਾਸ਼ ਦੀ ਅਣਹੋਂਦ ਕਰ ਕੇ ਹੀ ਪੈਂਦੀਆਂ ਹਨ), ਚਾਨਣ ਹੁੰਦਿਆਂ ਸਾਰ ਹੀ ਹਨੇਰਾ ਆਪਣੇ ਆਪ ਹੀ ਮਿਟ ਜਾਂਦਾ ਹੈ, ਚਲਾ ਜਾਂਦਾ ਹੈ।

**ਰਾਗ ਰਤਨ ਪਰਵਾਰ ਪਰੀਆ ਸਬਦ ਗਾਵਣ ਆਈਆ॥** "ਗੁਰ ਕਾ ਸਬਦ ਰਤਨ ਹੈ" ਭਾਵ ਗੁਰੂ ਦਾ ਗਿਆਨ ਸਦੀਵ ਖੁਸ਼ੀ ਦੇਣ ਵਾਲਾ ਹੈ। ਗੁਰੂ ਦੇ ਸ਼ਬਦ ਵਿੱਚ ਅਮੋਲਕ ਗਿਆਨ ਛੁਪਿਆ ਹੋਇਆ ਹੈ। ਦੁਨੀਆ ਵਿੱਚ ਕਹੇ ਜਾਂਦੇ ਰਤਨਾਂ ਦੀ ਕੀਮਤ ਹੋ ਸਕਦੀ ਹੈ ਪਰ ਗੁਰੂ ਦਾ ਸ਼ਬਦ ਇੱਕ ਐਸਾ ਰਤਨ ਹੈ ਜਿਸ ਦੀ ਕੋਈ ਕੀਮਤ ਹੋ ਹੀ ਨਹੀਂ ਸਕਦੀ ਭਾਵ ਕੋਈ ਵੀ ਮਨੁੱਖ ਦੁਨੀਆਵੀ ਧਨ ਨਾਲ ਇਹ ਗਿਆਨ ਪ੍ਰਾਪਤ ਨਹੀਂ ਕਰ ਸਕਦਾ। ਸਾਡਾ ਅਸਲ ਪਰਿਵਾਰ ਸਾਡੇ ਕਰਮ ਅਤੇ ਗਿਆਨ ਇੰਦਰੇ ਹਨ। ਅੱਖਾਂ ਜੋ ਬਾਹਰੀ ਤੌਰ ਤੇ (ਸਰਗੁਣ ਰੂਪ) ਦਿਖਾਈ ਦਿੰਦੀਆਂ ਹਨ, ਉਹ ਸਾਡੇ ਪਰਿਵਾਰ ਦਾ ਇੱਕ ਮੈਂਬਰ ਹਨ, ਅੱਖਾਂ ਦਾ ਕੰਮ ਦੇਖਣਾ (ਨਿਰਗੁਣ ਰੂਪ) ਹੈ, ਅੱਖਾਂ ਪਰਿਵਾਰ ਦਾ ਮੈਂਬਰ ਹੋਣ ਕਰਕੇ ਜੋ ਦੇਖਦੀਆਂ ਹਨ, ਉਹ ਉਸ ਦੀ ਪਰੀ (ਜਿਵੇਂ ਫੁੱਲ ਸਰਗੁਣ ਰੂਪ ਹੈ ਅਤੇ ਫੁੱਲ ਦੀ ਖੁਸ਼ਬੂ ਫੁੱਲ ਦਾ ਨਿਰਗੁਣ ਰੂਪੀ ਪਰੀਵਾਰ ਹੈ) ਹੈ। ਪਰਵਾਰ ਪਰੀਆ (ਪਰਿਵਾਰ ਸਮੇਤ ਪਰੀਆਂ) ਸਾਰੇ ਇੰਦ੍ਰੇ ਗੁਰੂ ਦੇ ਉਪਦੇਸ਼ ਨੂੰ ਸਮਝ ਕੇ (ਗੁਰੂ ਦੀ ਪ੍ਰਾਪਤੀ ਕਰਕੇ) ਆਪਣੇ ਪਰਿਵਾਰ ਸਮੇਤ, ਆਪਣਾ ਆਪਣਾ ਗੁਰੂ ਉਪਦੇਸ਼ ਅਨੁਸਾਰ ਕਰਮ ਕਰ ਰਹੇ ਹਨ, ਇਨ੍ਹਾਂ ਨੂੰ ਇਹ ਗਾਉਣਾ ਆ ਗਿਆ ਹੈ ਭਾਵ ਕਿਵੇਂ ਇਨ੍ਹਾਂ ਦੀ ਵਰਤੋਂ ਕਰਨੀ ਹੈ, ਬਾਰੇ ਮਨੁੱਖ ਨੂੰ ਜਾਣਕਾਰੀ ਮਿਲ ਜਾਂਦੀ ਹੈ। **ਸਬਦੇ ਤਾ ਗਾਵਹੁ ਹਰੀ ਕੇਰਾ ਮਨਿ ਜਿਨੀ ਵਸਾਇਆ॥** ਇਸ ਲਈ ਜਿਸ ਗੁਰੂ ਦੇ ਉਪਦੇਸ਼ ਸਦਕਾ ਮਨ ਵਿੱਚ ਪ੍ਰਭੂ ਦੀ ਯਾਦ ਵੱਸਦੀ ਹੈ ਉਸ ਅਨੁਸਾਰ ਹੀ ਆਪਣੇ ਪਰਿਵਾਰ ਨੂੰ ਬਣਾਉਣਾ ਚਾਹੀਦਾ ਹੈ। **ਕਹੈ ਨਾਨਕੁ ਅਨੰਦੁ ਹੋਇਆ ਸਤਿਗੁਰੂ ਮੈ ਪਾਇਆ॥** ਇਸ ਤਰ੍ਹਾਂ ਪਾਤਸ਼ਾਹ ਕਹਿੰਦੇ ਹਨ ਕਿ ਅਸਲ ਅਨੰਦ ਸਦਾ ਹੀ ਬਣਿਆ ਰਹਿੰਦਾ ਹੈ। ਗੁਰੂ ਦੇ ਉਪਦੇਸ਼ ਨੂੰ ਸਮਝ ਕੇ ਉਸ ਅਨੁਸਾਰ ਜੀਵਨ ਬਣਾ ਲੈਣ ਨਾਲ ਸੱਚਮੁਚ ਅਨੰਦ ਦੀ ਪ੍ਰਾਪਤੀ ਹੋ ਜਾਂਦੀ ਹੈ।



## Sikh New Year Months - Chayt

Cover Fature

Bal Bir Kaur Rehal

Sikhs have used the ancient Indian Bikrami calculations and the Lunar month calander to produce the Nanakshahi Calender. The lunar month is derived from the ending movement of the full Moon, the beginning of a dark fortnight. Chayt is the first month of the Lunar Year. The New Year starts on 14 March (of the familiar Gregorian calendar) on Chayt Sudi, the first day after the New Moon in Chayt. This means the first half of the new month of Chayt is in March and the second half is in April.



The Nanakshahi calander is based on the Gurbani 'BARAH MAHA', twelve months, as recited by Guru Arjun Dev ji, reflecting the changes in nature conveyed in the twelve-month cycle of the year.

In the SGGS Guru Sahib writes, under Barah Maha Mahala 5, Ang 133, about the first month CHAYT:

**ਚੇਤਿ ਗੋਵਿੰਦੁ ਅਰਾਧੀਐ ਹੋਵੈ ਅਨੰਦੁ ਘਣਾ ॥**

*In the month of Chayt, by meditating on the Lord of the Universe (Waheguru), a deep and profound joy arises.*

**ਸੰਤ ਜਨਾ ਮਿਲਿ ਪਾਈਐ ਰਸਨਾ ਨਾਮੁ ਭਣਾ...**

*Meeting with the humble saints, the Lord is found, as we chant His Naam with our tongue.*

**...ਜਿਨਿ ਪਾਇਆ ਪ੍ਰਭੁ ਆਪਣਾ ਆਏ ਤਿਸਹਿ ਗਣਾ ॥**

*Those who have found God - blessed is their coming into this world.*

**ਇਕੁ ਖਿਨੁ ਤਿਸੁ ਬਿਨੁ ਜੀਵਣਾ ਬਿਰਥਾ ਜਨਮੁ ਜਣਾ ॥**

*Those who live without Him, for even an instant - their lives are rendered useless.*

**ਜਲਿ ਥਲਿ ਮਹੀਅਲਿ ਪੂਰਿਆ ਰਵਿਆ ਵਿਚਿ ਵਣਾ ॥**

*The Lord is totally pervading the water the land and all space, including in the forestation as well.*

**ਸੇ ਪ੍ਰਭੁ ਚਿਤਿ ਨ ਆਵਈ ਕਿਤੜਾ ਦੁਖੁ ਗਣਾ ॥**

*Those who do not remember God - how much pain must they suffer.*

**ਜਿਨੀ ਰਾਵਿਆ ਸੇ ਪ੍ਰਭੁ ਤਿੰਨਾ ਭਾਗੁ ਮਣਾ ॥**

*Those who dwell upon their God have great good fortune.*

**ਹਰਿ ਦਰਸਨ ਕੰਉ ਮਨੁ ਲੇਚਦਾ ਨਾਨਕ ਪਿਆਸ ਮਨਾ ॥**

*My mind yearns for the blessed vision of the Lord's Darshan. O Nanak my mind is so thirsty.*

**ਚੇਤਿ ਮਿਲਾਏ ਸੇ ਪ੍ਰਭੁ ਤਿਸ ਕੈ ਪਾਇ ਲਗਾ ॥੨॥**

*I touch the feet of one who unites me with God in the month of Chayt.*

The month of CHAYT falls in the spring season; there is blossom and greenery all around that gives immense picturesque pleasure to the mind. If we remember the omnipresent Lord, one can acquire spiritual divine pleasure during this month of Chayt. But one can get the gift of Naam Simran (chant with tongue) only from the blessings of Saints and Gurus. Only those persons who practise Simran get merged into the all-pervading Divine light. They are considered alive, because life is worthless if we live forgetting the Lord even for a moment.

If the omnipresent Lord that is in the water, Earth, sky and forests, pervading everywhere, is not permeating into one's soul, then that person's state of being cannot be known. But those with Simran who get the Lord's grace in their souls are very fortunate.

Nanak says even his mind is yearning for Waheguru's Darshan, and is thirsty for his Naam. Nanak says that person who make me meet the Lord, 'I bow to his feet (*charan*)'.

In future issues we will look at the subsequent months as in Gurbani.



## ***Sikh Way of Life and Children in Modern Life***

***Manpreet Kaur, Gobind Marg Sevadaar, shares her inspirational experience...***

There are innumerable road blocks that we as parents face when we want to instil Sikh values in our children. Some of them are:

1. Time pressure due to our jobs and house upkeep,
2. Distractions from the culture and society we live in,
3. Lack of support systems (being nuclear families) and
4. Monetary issues.

Well, when I remember my childhood in India, I remember starting keertan at the age of 5 because we went to keertan samagams every week. I remember spending days at Sikhi camps and participating in every possible competition and being proud of who I was. We looked forward to Sikhi camp because it provided immense learning about the Sikh culture & history, fun activities, new friends and a feeling of belonging.

I fear, I cannot give that kind of environment to my children who were born here in UK. I struggled here because of being alone and having no family support. Being a working mum I did not have the luxury to spend as much time as I wanted with my children. UK also does not offer the kind of cost effective environment that we had in India while growing up. Most of the camps are a costly business in UK and not all parents can afford them, but you find opportunities only when you look for them. I found mine in the Sikhi camps organised by our local Gurdwara.

I always looked for ways to instil Sikhi culture in my boys in the limited time and money at my disposal. I knew these were formative years for the children and I needed to change my life's priorities. The best age to instil any values is between the ages of 1-5 years, when children are like sponges absorbing all that is offered. As a result, I made some career choices and started working part time from home. I also got involved more in our local Gurdwara and the various opportunities it provides to children and youngsters. Gurdwara library is one of the places where I spend most of the time when I am in the Gurdwara.



I realised that the key is to do what you preach i.e. lead by example and be consistent. Take little steps but persistently. Most importantly, do not give up.

I hope you found the above thoughts helpful and encouraging to share your experience, to help others. Next month I will write about some of the lifestyle changes that worked for me and my boys. I would like to include what worked for you and your children (anonymously if you prefer). Do share your ideas so we can all as a community strengthen the beliefs of our next generation. Please use this email address: **1manpreetkaur@pm.me**

## Hardit Singh Malik - Remembrance Statue

*Pritpal Singh Jagdev*

Group Captain Hardit Singh Malik, who served on the Western Front in 1917, with the British Royal Flying Corps (later the RAF), along with around 130,000 fellow Sikhs who took part in the First World War, will have a statue in his honour erected in Southampton city centre to mark the 'lost history' of ethnic minorities fought for Britain and the allies. It is planned to be installed by April 2023.

Of the four Indians who flew with the RFC and RAF in the conflict, he was one of two who survived. He flew in October 1917, flying a Sopwith Camel biplane on combat missions across France and Italy. He was credited with two kills during aerial combat, though he claimed six.

On a mission in October 1916 Hardit was hit in the leg but was able to shoot down the pilot who shot him. Once he landed, bleeding and exhausted, he found that his plane had been hit with more than 400 bullets.

Two bullets remained in Hardit's leg for the rest of his life. After recovering, he rejoined 28 Squadron in Italy before spells in two-seat Bristol F.2 fighters with 141 Squadron at Biggin Hill, Kent, and again in France with 11 Squadron.

Lord Rami Ranger, chairman of the British Sikh Association said: 'I am truly overwhelmed by the striking beauty and power of this exceptional design of the memorial, which captures the spirit and endeavour of this great RAF fighter pilot, Hardit Singh Malik, so well.'

**Early Life** Hardit Singh Malik was born into a noble family in Panjab, India in November 1894. He grew up in a lavish house, with horses and carriages, servants galore and private tutors.

He was sent to England at the age of 14 and went to school at Eastbourne College before studying history at Balliol College, Oxford.

He married a lawyer, had three children and after the war joined the Indian civil service. From 1938 he was trade commissioner to Canada and the U.S.

After independence in 1947 he was the first Indian High Commissioner to Canada and later ambassador to France. He died aged 90 in 1985.





## Eak Bageecha: A Gurbani Compilation on the Environment

Eak Bageecha is a compilation of shabads from the Guru Granth Sahib on the Environment. The Guru cares for, nurtures, and resides within nature, and expects us to be more caring about our environment in every aspect of our lives; inspire us to be more considerate towards our environment in all of our daily dealings and decisions. As the Guru asked us, we can and should take steps on an individual basis to bring back the lost glory of our garden, making this earth a better place to live, not only for human beings, but for all of Creation.



You may recall in an earlier edition of Gobind Marg that the Gurdwara in association with the RHS are planning to build a vegetable plot, and be involved in Greening and Sustainability projects. We are hoping start the project in May, and look forward to you enrolling. The vegetable plot will be following organic principles.

The project will be held on a Saturday morning. We will build raised beds, paint/plant and grow vegetables for use in langar or give them away to Food Banks. The project is open to all generations.

I have attached a link showing young people involved in Greening their Gurdwara.

<https://www.youtube.com/watch?v=sEzqh-MJrjI>

If you have any questions please contact me on [supindergill66@yahoo.com](mailto:supindergill66@yahoo.com)

### Washing up bowl allotment

Perfect for anyone no matter what space you have.

1. Drill a few drainage holes into the bottom of the washing up bowl. Make sure this is only done by an adult or an older child who have been taught to use power tools.
  2. Put the compost or soil into your washing up bowl and spread it evenly.
  3. Place your plants into the compost/soil, just a couple will do as they will grow big.
  4. Sprinkle your lettuce seeds if using down the side.
  5. Write your labels to remind yourself what you've planted.
  6. Water well, careful not to flood the seeds.
  7. Place somewhere with lots of light (either outside during warmer months or on a bright windowsill).
  8. Remember to check your allotment regularly and water if it's drying out. In the hotter months it may need watering twice a day.
- Quick growing crops (ready to harvest in 10-15 days) include: rocket, cress, kale, mizuna, pak choi, radishes, coriander..
  - Slower growing crops (ready to harvest in 15-25 days) include: basil, beetroot, chard, lettuce and spring onions.

## SIKH ASSISTED MARRIAGES

Application forms for this service are available from the Gurdwara. The completed application form and a passport size photograph, with a non-refundable **registration fee of £50** (cheques payable to Sri Guru Singh Sabha) should be sent to: The Matrimonial Service, Gurdwara Sri Guru Singh Sabha, Alice Way, Hanworth Road, Hounslow, Middlesex. TW3 3UA

**Participants must be registered on our matrimonial database to benefit from this service.**

Personal and telephone enquiries are welcome as follows:

Monday – Sunday

10:00am – 2:00pm

Telephone Enquiries: **020 8814 6701**

All information will be strictly confidential and sincere efforts will be made in good faith to introduce interested parties. The management of the Gurdwara will not be responsible morally, legally, or otherwise, for any alleged act of negligence, omission, or commission by either of the parties concerned, nor will it be liable for any legal action.

**The Gurdwara current list of our matrimonial partners appears below.**

### MALES

<i>Ref No</i>	<i>Birth Date</i>	<i>Academic Qualification</i>	<i>Present Employment</i>	<i>Height</i>
2853	21/10/81	BDS, MJDF, RCS(eng) PGCMDE	Principle Dentist	5' 11"
2854	26/11/95	BDS Dentistry	Dentist	6' 03"
2855	10/01/89	BSc(hons) Quantity Surveyor	General Manager	6' 00"
2856	30/03/91	MSc Computer Science	IT Software Consultant	6' 05"
2857	13/03/87	BSc Finance & Accounting	Management Accounting	6' 00"
2858	04/02/94	BSc Sci. MSc Busi. Technology	Sub-contractor Manager	6' 02"
2859	19/04/84	BA economics, IMA Chartered Acc'tant	Senior Commercial Finance	5' 09"
2860	29/04/93	ACA, Degree Accounting & Finance	Chartered Accountant	5' 11"
2861	27/10/89	BSc Maths & Management	Senior Commercial Analyst	5' 06"
2862	10/09/90	BSc, MSC Finance & Risk	Self Employed	5' 04"
2864	18/03/90	Charter Accountant	British Gas	5' 08"
2865	23/09/78	LLB(hons); PGDLP; PGDNP; MSc Law	In-House Counsel Solicitor	5' 09"
2866	19/02/90	BSc(hons), MSC Computer Science	Senior Software Engineer	5' 07"
2867	27/05/92	BSc(hons), PGDiP	Architect	5' 09"
2868	19/03/92	BA Economics	Accountant, Studying Ch. Acc.	6' 03"
2869	23/11/82	B Eng Computer Systems Engineering	Technical Presales Consultant	5' 09"
2870	05/12/93	MSc Mechanical Engineering	Site Engineer	5' 09"
2871	10/03/92	BSc, MBChB, MRES	Hospital Doctor	5' 09"
2872	27/04/86	BSc Business, LLB Law	Compliance Analyst	5' 10"
2874	30/09/89	BA(hons) Business Marketing	Digital Marketing	5' 11"
2875	23/04/91	BA(hons) Film & TV Studies	Heathrow Airport	5' 10"
2876	30/06/87	A Levels, Professional Financial Qual.	Risk Consultant Property Devel.	6' 02"
2877	29/09/84	MBBS	GP Doctor	5' 06"
2878	28/08/96	Apprenticeship	Software Engineer	6' 00"

2879	07/04/75	Bachelors	Civil Service Govt. Dept.	5' 08"
2880	08/04/94	Degree Geography	Law Enforcement	5' 05"
2881	10/07/75	LLB	Transport	5' 09"
2882	16/01/94	MBBS, BSc(hons)	Doctor	6' 00"
2883	22/03/90	MPharm	Army Officer, Pharmacist	6' 01"
2884	14/04/91	BSc Maths, MSc Finance	UBS Investment Banker Strategist	5' 11"
2885	27/06/92	BDS	Dental Surgeon	5' 10"
2886	31/08/89	BDS,BEng, MSc Dental Implant Surgery	Dentist	6' 04"
2887	02/04/91	BSc Accounting & Finance	Accountant	6' 00"
2888	31/01/93	BSc(hons) Financial Mathematics	Banking Analyst	5' 11"
2889	23/05/95	M Pharm(hons)	Pre-Reg Pharmacist	5' 11"
2890	17/09/89	LLB Law	Solicitor	5' 10"
2891	06/09/92	BA(hons) Business & Computing	Ffinance Officer-LBH Council	5' 07"
2892	06/11/87	BSc(hons) Pharmaceutical Science	Manager at Pharmaceutical co.	5' 10"
2893	20/05/84	MBBS, FRCR	NHS Consultant	5' 09"
2894	06/01/58	BSc(hons)	Senior Tech. Cons. on sabatical	5' 08"
2895	28/11/92	BSc Economics, Chartered Accountant	Financial Analyst	5' 08"
2896	02/04/92	BSc Computer Science	IT Consultant	6' 01"
2897	18/05/92	BDS, MJDF	Associate, on specialist training	5' 08"
2898	17/07/88	BSc Economics, Chartered Accountant	International Tax Director	6' 00"
2899	05/07/89	MSc Financial Mathematics	IT Contractor	5' 10"
2900	18/12/81	BSc(hons) Computer Science	IT Business Analyst	5' 11"
2901	16/11/94	BA Economics	Management Accountant	5' 10"
2902	08/05/81	A Levels	Managing Director	5' 07"
2903	02/09/91	Engineering degree Construction	Estate Agent-own business	6' 00"
2904	01/04/88	CIMA (part qualified)	Management Accountant	5' 11"
2905	10/05/85	A Levels, Diploma	Renault	5' 05"
2906	30/07/93	BA Hospitality & Management	Hotelier	5' 09"
2907	15/09/88	BA Accounting & Finance	Manager, EE Mobile Co.	5' 08"
2908	05/11/91	LLB	Lawyer	6' 02"
2909	22/02/93	BDS	Dentist	6' 00"
2910	17/04/94	BDS Dental Surgery	Dentist	6' 01"
2911	25/04/94	MBBS, BSc(hons)	NHS Hospital Doctor	5' 08"
2912	19/03/95	Dip.General Nursing, stdy BSc Health	Health Care Assistant	5' 08"
2913	20/03/91	BSc Mathematics	Chartered Accountant	6' 02"
2914	31/12/78	Dip. In Yoga, Dip. In Business	Director	6' 00"
2915	26/08/93	BSc Computing	Senior Manager-Local Gov.	none
2916	01/07/90	BSc Maths, Chartered Accountant (ICAS)	Investment Management	5' 11"
2917	26/04/88	A Levels	Aviation	5' 07"
2918	09/06/77	College	British Airways	6' 01"
2919	24/08/93	MSc Systems Engineering	Software Developer	5' 08"
2920	17/07/95	BA Business Studies	Unemployed	6' 03"
2921	21/10/81	BDS, MJDF, RCS(eng) PGCMDE	Principle Dentist	5' 11"
2922	13/01/93	BA Business Management	Accounts Assistant	5' 07"
2923	09/10/87	B Eng (civil Engineering)	Property Developer	6' 02"
2924	02/11/74	B Eng MSC	Senior Project manager	5' 09"
2925	03/12/94	BA Econ & Politics MSC Real Estate	Corporate Investments	5' 11"
2926	30/01/94	BA Finance and CIMA	Accountant	6' 03"
2927	26/05/91	Bsc Business Studies	IT Consultant	6' 02"
2928	09/11/91	BSc Economics, Chartered Accountant	Chartered Accountant	6' 02"

2929	07/06/84	BSc, MSc Computer Sci.	Ops. Director Family business	5'11½"
2930	01/04/91	BA Accounting & Finance, ACCA	Business Analyst	6' 01"
2931	15/08/89	BSC(hons), PGCE,, NPQML	Maths Specialist Teacher	5' 10"
2932	15/11/86	MSc Information Technology, MBA	Senior Software Architect	5' 11"
2933	15/10/74	GCSE, BTEC Business & Finance	British Airways-Check In	5' 10"
2934	11/02/94	BSc(hons) Biochemistry, Dentistry	-	5' 08"
2935	17/10/91	BSc (hons)	Actuary	5' 10"
2936	19/06/94	BSc Consumer Behaviour & Marketing	Financial Writer	5' 11"
2937	14/04/90	CIMA Qualified Accountant	Senior Finance Analyst	5' 10"

## F E M A L E S


<i>Ref No</i>	<i>Birth Date</i>	<i>Academic Qualification</i>	<i>Present Employment</i>	<i>Height</i>
9237	23/03/92	M Pharm	Self Emp-Pharmacist (Locum)	5' 06"
9238	17/05/90	BSc Mathematics	Investment Consultant	5' 04"
9239	27/01/80	BSc Sports Therapy	Self Employed Therapist/Trainer	5' 05"
9240	12/12/89	MSc Economics/Econometrics	Trader Financial Services	5' 06"
9241	12/11/92	BA(hons) Eng. Lit & Creative Writing	Higher Education-Course Coord	5' 03"
9242	09/07/93	M Pharm	Hospital Pharmacist	5' 06"
9243	22/04/85	BA, M Phil	Publishing Manager	5' 05"
9244	23/08/95	LPC LLM	Trainee Solicitor	5' 02"
9245	16/03/90	BA	Data Analyst-Youth Offending	5' 06"
9246	21/02/86	MA, MSc. PhD	Government Research Labs	5' 05"
9247	05/10/89	BA(hons)	PA Admin/Practice Manager	5' 05"
9248	26/03/91	Mc Optom	Optometrist	5' 03"
9249	22/11/86	BSc Economics,MSc	Banking Treasury Support Ass.	5' 04"
9250	16/04/78	BA(hons) Accounts & Finance	Accounts Manager	5' 05"
9251	19/05/90	MSc(hons) Molecular Medicine	Scientist	5' 05"
9252	04/04/93	BA Business Management	Retail Management Manager	5' 01"
9253	19/06/87	ACCA	City Credit Capital	5' 04"
9254	12/08/86	BA(hons) French & Italian	Accenture IT Consulting	5' 07"
9255	21/05/84	CIPD Level 5	HR Assistant	5' 06"
9256	16/01/88	BA(hons) Finance	Finance Manager	5' 07"
9257	17/02/93	BSc, MSc Physics	Radiotherapy Physics	5' 05"
9258	18/01/87	LLB, ACCA	Accountant	5' 03"
9259	13/12/81	GNVQ Advance Business	Pre-School Teacher	5' 05"
9260	19/10/94	MA(hons) Finance & Accounting	Admin Finance	5' 08"
9261	24/02/91	BA Business & Finance	Bank Officer	5' 04"
9262	24/07/85	BSc(hons) Neuroscience	Editor	5' 04"
9263	14/03/90	LLB	Solicitor	5' 02"
9264	07/01/89	MBChB, MSc, MRCS	ST3 Surgical Registrar	5' 08"
9265	27/12/85	AAT Accounts	Credit Controller	5' 08"
9266	21/01/90	BSC Psychology	Senior Dental Nurse	5' 09"
9267	13/10/92	BA Economics, stdy. CIMA	Finance Analyst	5' 03"

9268	06/01/94	MA Human Resource Management	HR Advisor	6' 00"
9269	01/11/90	BSc(hons) Economics	VP Investment Banking	5' 04"
9270	12/01/90	BA(hons), MSc Management, PGCE	Asst. Head of Year, Teacher	5' 04"
9271	28/01/89	BSc(hons), MSc, MBA	NHS England-Senior Director	5' 04"
9272	22/12/93	BSc, masters degree	recruitment Consultant	5' 03"
9273	18/12/93	masters International Studies	Civil Services	5' 03"
9274	17/11/86	BM Bmed sci(hons)	NHS Doctor	5' 05"
9275	13/09/80	Masters	Account Director	5' 03"
9276	22/03/86	Degree Business Economics	Strategy&Digitilisation Manager	5' 04"
9277	24/09/85	BA Business Management	British Gas, p/t study	5' 04"
9278	25/05/89	Masters Mathematics	Actuary	5' 07"
9279	28/03/88	CACHE Diploma Childcare	Radiology Assistant-NHS Hosp.	5' 06"
9280	21/10/93	CACHE Level 3 Dip. Nursery Nurse	Local School	5' 00"
9281	06/07/91	BSc(hons), ICAEW ACA	Group Financial Accountant	5' 10"
9282	04/06/92	M Pharm	Pharmacist	5' 07"
9283	04/02/97	BSc, McOptom	Optometrist	5' 03"
9284	12/05/86	BA(hons)	SVP Creative & Content	5' 08"
9285	21/06/82	BSc(hons)Business Management, CIPD	HR Manager	5' 04"
9286	30/01/88	BDS	Dentist	5' 00"
9287	20/08/85	BSc Optometry	Optician	5' 06"
9288	25/12/85	MBChB, MRCP	Doctor Senior Registrar	5' 06"
9289	19/01/93	MBBS, BSc(hons)	Doctor	5' 02"
9290	29/08/88	LLB	Contract Manager	5' 05"
9291	31/07/91	BSc(hons) McOptom	Optometrist	5' 07"
9292	12/02/87	BSc(hons), CIPFA	Accountant	5' 02"
9293	12/09/91	MPharm	Pharmacist	5' 04"
9294	28/05/93	LLM, Postgraduate	Solicitor	5' 06"
9295	13/07/91	Deg. Accountancy/Finance, stdy ACA	Bank- Finance Management	5' 04"
9296	30/11/92	BA(hons) Business	HR	5' 07"
9297	10/11/78	BA(hons) Fashion Design	Reference Co-ordinator, HR	5' 04"
9298	24/08/84	MBChB, PhD	Doctor in NHS	5' 04"
9299	09/11/96	BSc Accounting, ACA	Accountant	5' 04"
9300	12/04/84	PostGraduate	Education Welfare Officer	5' 04"
9301	16/06/95	Foundation Deg. Pharmaceutical Sci.	NHS Pharmacy Technician	5' 05"
9302	22/12/91	Adv Apprenticeship L2,3,4 Childcare	Deputy ManagerPrivate Nursery	5' 01"
9302	14/08/75	BSc(hons), MBA, PhD	Associate Director-Gen. Med.	5' 07"
9304	16/06/96	MBBS, BSc(hons)	NHS	5' 07"
9305	04/12/86	LLB, PGCE	Teacher	5' 03"
9306	04/12/81	MSc Physics	Research Scientist	5' 09"
9307	16/09/96	Bsc Maths and Economics	Technical Business Analyst	5' 03"
9308	29/03/79	BSc(hons) Pharmacology	Senior manager	5' 07"
9309	21/07/92	MDS	Dentist	5' 04"
9310	09/02/92	BSc Biomedical Science	Clinical Trials Data Manager	5' 05"
9311	28/01/94	BSc Biomedical Scicenc, BDS	Dentist	5' 00"

9312	28/08/92	BSc(hons),ACA Chartered Accountant	International Tax Advisor	5' 09"
9313	13/07/88	BSc(hons) Computer Science	IT Incident Analyst	5' 05"
9314	26/05/81	BSc,ACA(fellow)Chartered Accountant	Director of Policy	5' 04"
9315	12/06/84	BSc(hons),ACCA Chartered Account.	Senior Financial Analyst	5' 07"
9316	08/02/86	LLB, LLM	Lawyer	5' 06"
9317	05/06/96	MBBS	Junior Doctor(2nd year)	5' 08"
9318	05/09/92	BSc, MBBS	Doctor in Hospital	5' 06"
9319	05/08/95	Dentist	-	5' 03"
9320	27/02/86	BSc Business Info. & Technology	Systems Analyst	5' 04"
9321	16/09/93	MBChB(hons), BSc(hons)	Doctor	5' 03"
9322	09/08/95	LLB(hons) Law	Legal Advisor, Civil Service	5' 5½"
9323	03/01/78	6 GCSE A-C	Learning Support Assistant	5' 00"
9324	29/09/92	Graduated, CPL	-	5' 05"
9325	03/12/93	BSc(hons), ACCA	Management Accountant	5' 07"







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ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥



One Universal Creator God, Realised By the Grace of |The True Guru

## FREE ADVICE SERVICES AT THE GURDWARA

SERVICE	Location	Rate	Day	Time
Sikh Assisted Marriage Service	1st Floor Building	Daily	Mon - Sat Sunday	10 am - 1 pm 10 am - 3 pm
Legal Advice	Ground Floor	Every Second Thursday of the Month		
Note: This service has been discontinued.				
General Enquiries Office	Ground Floor Main Bldg	Daily	Mon - Sun	10 am - 6 pm
Metropolitan Police	Ground Floor Main Bldg	Weekly	Tuesday	11 am - 12pm
Home Office Immigration Enforcement (formerly UK Border Agency)	Ground Floor New Annexe	Weekly	Tuesday	10 am - 3 pm
Financial Advice & Estate Planning	Ground Floor New Annexe	On Demand		
Disability Network Hounslow	Ground floor New Annexe	Weekly	Friday	2 pm - 4.30 pm
Gurdwara Wellbeing Centre	Ground floor Main Bldg	Weekly	Sunday	11 am - 2 pm
Gurdwara Healthy Walks	Meet Ground Floor Foyer Main Bldg	Weekly	Thursday	10 am - 12 pm
Bereavement Service	On Demand			
Drug & Alcohol Addiction Service	On Demand			

**Please note these regular Gurdwara Services are currently suspended, in compliance with the government requirements.**

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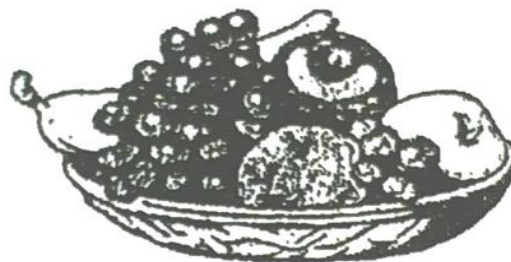
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